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**1946**

**APRIL**

# the dental assistant



**Journal of the  
American Dental  
Assistants Association**

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# the dental assistant



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## PRESIDENT'S PAGE

Dear Fellow Members:

I have just recently returned from the Mid-Winter meeting of the Chicago Dental Society. It was a wonderful reunion with many of the members. It was my privilege to meet with our first vice president, Margaret Sharp, and to discuss plans for the National Program. Sadie Leach, Editor of the "Dentall Assistant", Lillian Russett, our Treasurer, Evelyn Brett, our second vice president, Steve Mills, 8th District Trustee in charge of the ADAA exhibit, were all in attendance. We missed Aileen Ferguson very much. It was our pleasure to attend the meeting on Sunday of the Illinois Dental Assistants Association and Monday through Wednesday of the Chicago Dental Assistants Association. These were fine meetings and it was an inspiration to be able to be there and see so many of the girls we have had the pleasure of knowing and who have been so nice to us on many occasions. I wish it were possible for each of you to attend one of these meetings some time.

During the next two months will be held many of the State meetings. Some of these are the first to be held in two years. I know they will mean new members and new interests to these groups. I will be able to attend some of these meetings but cannot possibly get to all of them. I hope that you will discuss in detail the ADAA Plan for Certification and instruct your delegates on same so they will be prepared when they go to the National meeting.

I would like to present to you on this page the Special Committees who are serving for this year. If you have any suggestions to offer for work to be carried out by these committees I'm sure they will be appreciated.

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Sincerely,

Lucille Black, President.

"Good Luck, and Take Care of Yourself, Mary!"

Regretfully we announce the resignation of Mary M. Connally as Business Manager of the DENTAL ASSISTANT.

In her career as a dental assistant and as a working members of the American Dental Assistant's Association Mary has exemplified the slogan, "Education, Efficiency, Loyalty and Service."

Going back over our files of programs and Journals we find that Mary was awarded the Loyalty Trophy of the ADAA for her years of service in the office of Dr. William O. Hulick, Cincinnati. In the list of officers of the ADAA we find her acting as National Clinic Chairman in 1934. 1935 to 1936 she was Chairman of the Judicial Council. In 1936 she became Advertising Manager of the Journal and served in that capacity until January of 1940. For six years, from 1936 until 1942 Mary was 10th District Trustee. During this period the Ohio State Dental Assistants Association was organized and Mary was its first President. Her sincerity and high standards have made her service to the ADAA outstanding. We are mighty sorry that ill health has made it necessary for her to withdraw from the Journal Staff, and say to her, "the best of luck, Mary, take care of yourself."

No successor has been appointed, as yet. Correspondence of a business nature is to be sent to the office of the Editor.

—S. L.

# ETHICS IN DENTAL ASSISTING

Lucille Miller, Dental Assistant, St. Joseph, Mo.

The modern, competent, conscientious dental assistant, whose status ranks somewhere between a vocation and a profession, (perhaps if we call it sub-professional we will have it about right) must be governed by certain ethical principles. There is considerable uncertainty about the activities in which the Assistant can participate in a dental practice and still be ethical.

What do we mean by ethics? There have been many definitions handed down through the ages. The two which I like best are these: (1) The right conduct on your part in any situation. (2) Simply, the application of the Golden Rule.

The moral obligation and duties which rest upon a dental Assistant, and which she is expected to assume and know by reason of her occupation, are as important a part of her education and as worthy of her earnest attention and effort as the acquisition of her vocation. Ethics and morality are identical terms. The assistant should have a general soundness of character and correctness of life if she expects to stand the tests of time.

Every Assistant can comprehend and imagine thoughts, feelings and motives, knowledge and skill and useful services than those to which she has attained, and if, by and by, she shall succeed in reaching her present ideals, her larger life and better activities will bring to her still better powers and greater usefulness.

The dental Assistant should use every means to uphold the dignity and honor of her vocation, to exact its standards and to extend its sphere of usefulness. In order that the dignity and honor of the vocation of dental Assisting may be upheld, its standards exalted, its sphere of usefulness extended and the advancement of dental Assisting promoted, the dental Assistant should associate herself with dental Assistant Societies and contribute time and energy in order that these Societies may represent the ideals of the profession.

Let's consider what you can do as dental Assistants and be ethical. First how about the dental Assistant as a hygienist? In 1929 twenty-six of our 48 states had passed laws outlining the activities of the Hygienist. In Missouri there is no law which permits the Hygienist to practice. It is illegal for the dental Assistant to perform routine prophylactic work. Why is it illegal? Because it is practicing dentistry.

Can you be an X-ray Technician? There is nothing in the Missouri law to prevent or make it illegal for you to expose radiographs for diagnostic purposes. In fact anyone of you can open your own dental X-ray laboratory any time you wish to invest the necessary money and assume the overhead expense. You can not, however, diagnose or prescribe treatment from the radiographs without violating the law.

As a laboratory technician you have full sway by law. You can carve indirect inlays, arrange and articulate teeth, bake porcelain inlays, you can in fact, do anything your employer will teach and allow you to do.

What can you do in the absence of your employer? Take for example Miss White, a competent and experienced dental Assistant in a small Mis-

souri town. Her employer, Dr. Dodson is absent from the office because of sickness. Bill Turner, a farmer, has driven 30 miles to see Dr. Dodson because of a throbbing toothache. There is not another dentist for 25 miles. It is 5:00 o'clock in the evening and Miss White is about ready to go home. Bill wants relief from pain. What should she do—send Bill to another dentist 25 miles away or should she treat the aching tooth, just like Dr. Dodson would? Miss White decides to try to relieve the pain for Bill. She cleans up the cavity, applies eugnot and a temporary filling. Is it illegal for her to do this? If the law governing the practice of dentistry in Missouri was followed to the letter her act would be illegal, however, the important thing is the manner in which the court interprets the law. Now let's suppose that Bill failed to get relief from the toothache. The nerve gives a long, low moan and dies. Then followed abcess and osteomyelitis. Bill gets into the hands of an unscrupulous but willing lawyer. They sue Miss White for malpractice. It is probable that a court deciding in favor of Miss White would rule that there is a difference between "engaging in the practice of dentistry" and "performing a single dental operation". After Dr. Dodson and his assistant, Miss White, finished this skirmish with the law they might feel like the male and the female sparrows. The female sparrow stood on the corner waiting and waiting and waiting for the male sparrow to show up—finally he appeared—most of his tail feathers were gone, one wing was broken—the feathers on the top of his head were sticking straight up—one eye was closed as he staggered up to her. She said as she tapped her foot—"Well! Where have you been?" And the male sparrow looked up at her with his one good eye and said, "My dear, it's like this: when I woke up this morning, it was such a fine day, the air was so clear and the sky so blue, I decided that I would fly up into the air higher than I had ever flown before. So I climbed and I climbed and I climbed—and the wind whistled through my feathers and it was delightful up there. Then I'd dive and then I'd level off, then I'd dive and then I'd level off, but on the last dive I got too close to the earth and got into the worst game of badminton you ever saw."

Now let's suppose that Miss White might also find it necessary to irrigate a tooth socket or remove sutures or recement an inlay (or don't your doctor's inlays ever come out?) or apply a dressing to a dry-socket or repair the broken upper denture of the minister so that he can preach on Sunday or trim Miss Twitch's upper denture because her nose itches terribly and every time Miss Twitch twitches her nose the denture falls out of her mouth. For Miss White to do any of those things would be a violation of the Missouri Dental Law—but what is the poor girl to do? The chances are that if a suit for malpractice were brought against her the court would decide in her favor and not against her. She could not perform these acts habitually and stay within the law.

Take Miss Black who works in the Professional Bldg., in K. C. If she was confronted with a dilemma like the one that faced Miss White, she would simply refer the patient to another dentist in that building—or would she?

How about malpractice insurance protection for Miss White and Miss Black? They both take excellent X-ray pictures and so their employers are pleased to have them take all the radiographs. Into Miss Black's office

comes Matilda Hovenagle, a stenographer. She complains of headaches and when Dr. I. Q. examines her, he finds an abscess on the right side of her chin which he believes to be due to an infected condition of her teeth. So Dr. I. Q. asks Miss Black to take the necessary X-ray pictures. Matilda has not slept soundly for several nights and is extremely nervous. So Miss Black explains "You will hear a buzzing sound when the exposure is made and be sure that you hold still". But Matilda does not hold still—she moves—touches the machine and an arc is formed with the result that Matilda receives a terrific shock and burns on both hands, her breast and her right thigh. After she recovers from her injuries she institutes suit contending that Miss Black failed to caution her or that she moved before she received the shock that caused her burns. The result of the suit were damages for \$1,250.00, however, not Miss Black but Dr. I. Q. was responsible for the injury. In fact his responsibility is grounded or established by a rule, which makes an employer liable for the acts of his employees committed within the scope of their duties and employment. It would be possible for Matilda to bring suit against Miss Black, but her chance of recovery would be slight.

Now take Miss Green, assistant to Dr. Lighttouch in Sacramento, California. The doctor agrees to treat his patient's pyorrhea for \$35.00. The doctor performs the first treatment. He then turns the patient over to Miss Green for the balance of the treatments. The State Board of Examiners finds out about Miss Green. They bring the doctor before the court and hand down a decision to revoke the doctor's license to practice for five years because Miss Green is in fact practicing dentistry without a license.

This case also brings out the point that your doctor is liable for any act of yours because he is the employer.

Now what correct principles should you follow when Mrs. Jones, a new patient, calls for the first time? You and the doctor are making a clinical examination. You talk about the advisability of taking X-ray pictures. You look into the mouth and see some dentistry that is not up to the quality that your doctor delivers. It is so easy to raise your eyebrows or shrug your shoulders thereby intimating that Mrs. Jones did not get all she thought she did or what she was entitled to, from a previous dentist. It is so easy, natural and human to make a disparaging remark about the other fellow. If you actually accomplished anything there would be a justification—but I think you all agree that we belittle ourselves when we discredit the fellow dentist, who is not there to even defend himself, and criticize the patient in his choice of a dentist. But on the other hand suppose Mrs. Jones wears an upper and lower denture. She has worn these dentures seven years. You know what usually happens. Her nose and chin have come too close together. Her lips are compressed—practically none of the red of her upper lip shows—her mouth is about twice as wide as it should be. Here is an opportunity for you and the doctor, to tell her what you can do for her. For after all—your office has two things to offer your patients. First, good looks and second, good health.

Now suppose that while you are dismissing Mrs. Jones and arranging for another appointment with her, you have the chance to say a few things about what the doctor can do to make Mrs. Jones look better, something timely, pertinent or important. If you should fail to do it, you would not only be an unethical assistant, but also a rather unsatisfactory person to

have in the office. You also have several chances every day to say the right thing at the right time. For instance—why should patients return at periodical intervals for prophylaxis—why are pyorrhea treatments advisable—why is a rubber dam necessary wherever it can be used—why fill children's teeth—why fill anyone's teeth—why should posterior teeth, molars and bicuspid be replaced—why a lingular bar—why orthodontia—why should a denture be relined or refitted every three years—why should dentures be remade every five or six years? You should have the answers to all of these questions. You should be able to tell the patient of the moment what the doctor proposes to do for him in the terms of good looks and good health. These are strictly ethical practice building gestures which make you more valuable to your doctor and cause your patients to regard you with more esteem and respect.

An unfortunate trait about "girls in general"—meaning no disrespect to them, is that they talk too much. When one of these "girls in general" becomes a dental assistant, she is rather apt to talk too much about office affairs.

A new assistant should be impressed with the fact that she is not to discuss office affairs or our patients with the other girls. When an assistant is really loyal to her employer and does not discuss his office affairs with the other girls, she is valuable indeed.

Because the assistant's duties should deal with the business end of the practice, let's discuss credit reports. While it may be true that in isolated cases, dentists carry on their practices for spot-cash, fully 90% of the dental work that is accomplished today is delivered on a credit basis. To insure the successful operation of the business end of your doctor's practice I hope you make it a strict and undeviating routine to obtain a credit report on each new patient. If you contemplate extensive dental work on an old patient and there is any doubt about his ability to pay, you should obtain a second rating on him. A dentist should expect his assistant to get these reports on patients and after she gets them she should be able to interpret the information and come to a conclusion as to just what kind of credit risk you are dealing with. Your doctor is no more able to carry unnecessary financial risks than a large department store.

Let's remember that a dentist and likewise you his assistant, are but slightly interested in how extensive your patient's holdings or financial backings are, you are interested in how he pays his bills. If you don't already know you should know that most dentists operate on a small capital, consequently it is necessary that they have a prompt turnover on their accounts. They must collect their money to survive. I think that you will agree with me that the toughest class of people to deal with satisfactorily on a credit basis, is the twenty-five million Americans who constitute the great middle class. Far too many of them are playing the great American game. They are not keeping up to the Joneses, oh no, they are outdoing the Joneses! They have the latest model Buick which they can not afford; they live in a neighborhood where rent or payment on the house strains their pocketbook and in twenty-seven more payments the new General Electric refrigerator is theirs. Now D. A.'s, I ask you when Mrs. How-can-I-do-it comes in with a hundred dollars worth of badly needed dentistry to do, principally because of her neglect, how are you and the doctor doing to collect that \$100?

(Continued on page 51)

## "THE CHILD PATIENT"

Mary O'Connor

(Read before the TSDAA, November 22, 1943, Nashville, Tennessee.)

The preparation of a child for his first dental appointment is not the Dentist's job. It should be done by the parents, but too few bother to make Johnny's trip to see his dentist a new grand and glorious adventure. If this is the case then it is still not the Dentist's job—it is the Dental Assistant's job and it can be one of her most trying duties. You can never tell just what is going on inside of the head of that innocent looking child.

Appointments for children should be made in the morning, when the doctor is not rushed and the child is rested. On arrival, if possible, the child should not be kept waiting; however, if your schedule is a little behind, there should be something to amuse the child while he is waiting: something beside the usual routine of NATIONAL GEOGRAPHIC, a few outdated Lives, and the latest fashion magazine. All children, and most adults, like funny books and they are inexpensive.

Before the doctor is ready for the child the assistant should invite him in and show him around the office. Pumping the chair up and letting it down gets to be old with the assistant but never to the child. Let him blow the hot and cold air, squirt the water, and almost anything else that strikes his fancy. By this time the child and the assistant should be old friends, calling each other by their first names.

When the doctor is ready to start work on the child it should not be rushed and each new instrument should be shown to the child. Neither the doctor nor the assistant should ever tell the child a lie. Most children are very trusting as long as you tell them the truth. Tell the child that it will hurt, if it will; stop when the child asks you to; take time to answer all questions and never work too long without a rest as children tire easily.

Comparisons should never be made, while flattery goes a long way. If the child has been a good patient he likes to be told so. A child should never go out the door empty-handed, especially if it is a first visit. I find that almost all children like the scrap of amalgam left over from the fillings; boys like empty novocain carpules for bean-shooters and little girls like them to play nurse with; cotton rolls, gauze sponges and cotton applicators also make a hit with the girls. I knew one little girl who wanted to take home a paper cup every time she was good. If at all possible, the doctor should give the child the gift, but for the duration very few doctors can spare those few minutes so that the assistant can do the honors.

The foregoing suggestions are for the child who is not scared to death or just plain mean. However, we do have children who cannot be handled in such a placid manner. With these children you have to be firm.

If the assistant can take over and make the child mind, she should. A towel can be held over the child's mouth until he quits crying, or he can be held firmly in the chair until he sits still of his own accord. However, sometimes she fails and the doctor has to make the child mind. With a child like this the work on the first visit should never hurt. Build up to the worst work while building up the child's courage. It is indeed an accomplishment to turn a difficult child into a good patient.

Only the dentist and his assistant can appreciate the fact that a new patient comes to him because Johnny, who lives next door, says that it's fun to go to the dentist.

## The Care And Handling Of Hypodermic Equipment

Ralph B. Munn, D. D. S.

Speaker at Winter Clinic Luncheon in Toronto, November 28, 1945

The proper care and handling of hypodermic armamentarium in a dental office is a matter of prime importance. If, on completion, a denture (gold inlay or silicate filling) which your dentist has made has proved unsatisfactory, the error can be corrected very easily. This is accomplished by making the piece of work over again. But an error in technique in the sterilizing of syringes and needles is quite another matter. Once the injection has been made, there is no such thing as correcting an error in our chain of asepsis. That particular injection is there and it is there to stay. Let's not forget the responsibility with regard to our patients.

In the minds of many, the proper method of sterilization of syringes and needles is still a moot question. Sterilization by the use of chemicals is increasing in popularity and unquestionably there is a need for this method. Autoclaving has always been found dependable but sterilization by boiling is the one employed by the majority of dentists.

The scrubbing, with hot soapy water, of all syringes and needles prior to their being placed in the sterilizer is worthy of our most serious consideration. Frequently instruments remain on the tray for some time after their use, permitting saliva, serum, blood, even pus, to dry and adhere to them. Unless these substances are removed by mechanical cleansing prior to sterilization, it is conceivable that we may have a sterile instrument but one that is actually unclean. We should remember too that sterilization is not so readily accomplished by **any** method when bacteria are given the protection of these dried body proteins.

What should we do with the syringe and needle after sterilization in order that we may have them ready for instant use? Increasing in favor are the "keeping solutions". The ideal solution of this type is an antiseptic of high germicidal and bacteriostatic potency and one that is compatible with oral tissue. Syringes and needles kept in this sort of solution are taken directly from their container and need no further attention until employed in the injection.

It is difficult to reconcile our careless handling of the hypodermic syringe in the presence of the patient. We should never forget that many of our patients come to us not because they want to, but because they have to. Pain drives many of them to our office but certainly the fear of pain has kept many of them away. Their attitude toward us and the things which we use deserves much more than mere casual attention. The hypodermic syringe with its long and rather foreboding-looking needle is still to many patients the most menacing-looking instrument used in a dental office. So, let's not make it too conspicuous but instead keep it in the background until it is actually needed. Not all the pain in dental offices is actual—some of it is mental.

The course we should pursue in the handling and care of our hypodermic equipment permits no compromise. We have been either right or wrong. Perhaps reversing the situation is appropriate; that is, how would you or I want it done if we were the patient?

(Reprinted from the Bulletin of the Ontario Dental Nurses and Assistants Assn.)

## THE HOUSE BY THE SIDE OF THE ROAD

By Ruth Walker

Palatka, Florida

I have chosen as my topic the House by the Side of the Road. May I recall to your mind one verse of the poem by Sam Walter Foss?

Let me live in my house by the side of the road  
Where the race of men go by;  
They are good, they are bad, they are weak, they are strong,  
Wise, foolish—so am I.  
Then why should I sit in the scorner's seat,  
Or hurl the cynic's ban?  
Let me live in my house by the side of the road  
And be a friend to man.

For a few minutes let us look at our membership in the Florida State Dental Assistants Association and compare it with the thoughts expressed in this verse.

Could we not say that we have chosen this association as our house by the side of the highway of life? We have selected a vocation which participation in entitles us to membership in this association. We know that our house has a strong foundation for its four cornerstones are education, efficiency, loyalty, and service. These were given to us by one who gave her life to the building of finer dental assistants. The finishing and keeping of this house is left to us. Would we not defeat the entire purpose for which our organization was formed if we gained nothing from it but scientific knowledge? It has always been my idea about this association that its purpose was to build not only more efficient dental assistants, but to help mould our lives in such a way that the world would be a better place in which to live because we had lived.

We must build into this house love of other people. We are dependent upon others not only for our physical existence, but also for the development of our personalities. The story of Helen Keller illustrates this fact vividly. Cut off from human contacts in early years by loss of sight and hearing she is described as being like an animal until she learned to communicate with other human beings. Immediately she began to develop into an intelligent person aglow with love for other people. Love is the heart of life. Love is very kind, very patient. Love knows no jealousy; love is never rude, never selfish, never irritated, never resentful. When we refer to our fellow members are we using love to build this house? How odd it is the things we say in one's absence which we would not say if they were present. A house can be no stronger than the weakest timber in it.

Into this house let us build vision. Let us fully realize that there will come those who are good, those who are bad, those who are wise and foolish, but let us always be able to see—so are we. Vision will help us to put aside the trifling things. It will help us to pluck out the weeds. We must be able to see what is gold and what is brass.

We each have our own idea of what must go into this house to make it the house we want it to be. But after we have it constructed in whatever

manner we see fit to build it, let us remember our real purpose in building it is to live in it and be a friend to man. I want to pass on to you a grown-up's letter to Santa Claus which I wish we each might write and which surely would help us to accomplish that one desire—to be able to be a friend.

"Put in my stocking this year a dash of Human Kindness. Add some of the breath of Vision that will make me realize that all men are my brothers. Pour in some Oil of Graciousness—the mark of a true gentleman. Give me strength to play well my part in this big, busy world, and so to regulate my life that when I pass on no man can say of me: 'He lived for self alone.'

"Leave for me a generous package of Good Cheer, so that when my brother is weighed down with despair I may go to him and help him to look up and hope anew. Bring me a Jack-in-the-Box, like the one that set my childish heart to beating pit-a-pat in days gone by—only let it be filled with Faith, and give me the key to unlock its magic for every heart that comes my way.

"And don't forget a cane—not the age-old peppermint candy affair, but a staff of Spiritual Strength on which I may lean when sorrow casts its shadow on my path. Make all the children of earth glad, Dear Santa, but don't forget that grown-ups, too, sometimes dream dreams and wish again for childhood unrealities. Write upon the minds and hearts of all who have relinquished the carefreeness of youth for the stern realities of the daily struggle the message that Real Happiness consists not of material things, but of days spent in the service of one's fellow-man."

Let me live in my house by the side of the road and be a friend to man!

(Presented at the Sixth Annual Meeting of the Florida State Dental Assistants Association, St. Petersburg, Florida, November 12, 1945.)

## A COLLECT FOR CLUB WOMEN

By Mary Stewart

Keep us, oh God, from pettiness; let us be large in thought, in word, in deed.

Let us be done with fault-finding and leave off self-seeking.

May we put away all pretense and meet each other face to face, without self pity and without prejudice.

May we never be hasty in judgment, and always generous.

Let us take time for all things; make us to grow calm, serene, gentle.

Teach us to put into action our better impulses, straight-forward and unafraid.

Grant that we may realize it is the little things that create differences; that in the big things of life we are at one.

And may we strive to touch and to know the great, common human heart of us all, and, oh Lord God, let us not forget to be kind!

## BEING A REAL DENTAL ASSISTANT

Our Theme for this meeting is, Courage, which is well and fitting. Being a real Dental Assistant take a lot of Courage. After we enter the field, we find the need of more courage to stay in and fight the battle. Our responsibilities are great because we are serving humanity, aiding our employer to retain healthy citizens for our country. A real dental Assistant is necessary to the Dental Office. We are aware that we have "just assistants" and we have "Real Dental Assistants". Being a real dental Assistant is being one who lives our code of Ethics. I will quote:

"In her dealings with the Profession of Dentistry and with her associates, the conduct of the Dental Assistant should be in accordance with the Golden Rule, both in its letter and in its spirit. The dental assistant should be morally, mentally and physically clean, she should be honest in all her dealings with her associates, she should be loyal to her employer and the profession which she serves, as comports with the honor and dignity of a cultured professional woman."

Being a real Dental Assistant isn't the member who just belongs—but an Active Member. The active member attends her monthly meetings, secures new members each year, lends herself in helping to get old members back in good standing, helps with programs, clinics and other duties of her society; is willing to be placed on committees and do the duty there, to the best of her ability. And in doing these smaller duties she is grooming herself willingly to serve her State Association as an officer, at the opportune time. Each of us cannot attend our ADAA regularly, but you will profit by attending as often as you can. Inasmuch as you are willing to give yourself and time to the above you surely have valuable information for your own office and employer. It is better to give than receive, so in giving our service we find ourselves rejoicing and watching the growth of our societies and association.

### "CO-OPERATION"

It ain't the guns nor armament  
Nor the funds that we can pay  
But the close Co-operation  
That makes us win the day.  
It ain't the individual  
Nor the Army as a whole.  
But the everlasting teamwork  
Of EVERY BLOOMING SOUL.

We are reminded of that splendid work by Rev. Harry Fosdick—"On Being a Real Person." Heredity isn't the chief factor. It isn't environment—but—the individual's distinctive handling of Life's Data. This is the indispensable factor in building Personality. When life is limited in endowment, and threatened by circumstance we most need to accept our responsibility to be real persons. When by dint of decision and effort, we achieve a desired end—we can rest assured we had a share in that!

The ancients, you know, had a mythical kingdom called the "Land of the Lotos Eaters". This land had everything and then some. They did

nothing and yet every wish was granted. Life to the Lotophagii, was day by day, just a rosy dream. This looks like an ideal existence. But the Greeks considered this as Life's Worst nightmare. Ease and indolence quickly changed these beings until they were more like Monsters than men; sluggish, shameful creatures with no power of healthy effort or honest judgment. This was a condition that even the lowliest slave would not have desired. When men become so helpless—they are a menace to themselves and to society. They are a menace—not because they were bad—but because they were soft. Life had been too easy. They were drugged by dreams, beautiful dreams, in which they overcame all obstacles and always emerged victorious—but they were only dreams! They never met the realities of life—because they had no faculty for meeting them. Because they did not know this—therein lay the menace. It is better to retain ambition, and to realize that honest labor is the only thing worthwhile.

Few of us agree with O'Neil that "Life is a strange interlude between the past and the future." Life is what we make it. Grouchiness is the discord. And joy is life set to music.

The clock of human destiny is ticking off the most momentous period in the history of Nations, and we exclaim: "Is reason fled—that men should be so brutish." The war, in shaking the very foundation of Civilization, has driven thoughtful men to examine the bases of National and International Life. Amidst war's tumults we may hear the strong, quiet tones of a purpose to make life better for all mankind. This hideous sacrifice must cease. All reason and religion cry out against the terrible toll of war! Firesides where grief will abide—women who will never have a husband—cradles that will never be filled. Leaders who will never survive to leadership. The output of promising life cut off at its source. The sacredness of life is not merely that men refrain from killing one another—but that life should be lived on the higher levels of the spirit. Paul said: "Let us follow after things that make for Peace and things whereby we may edify one another. In spite of it all, may we be able to say with the Psalmist: "The Lord hath done great things for us—whereof we are glad."

Dentistry recognizes the need of the Dental Assistant. In addition to routine duties, the right kind of an assistant materially increases the productivity of a Dental office. Education is the keynote of our success. We grew, we prospered, and were a happy group because we had high ideals, and a sincere purpose. A practice is too valuable to place in the hands of one who has no love for the profession.

We glow with pride when we think of the part Dental Assistants have played in the service of the Army Dental Corps, station hospitals and camps throughout the country.

(Continued on page 54)

# the dental assistant

Vol. 15

March-April, 1946

No. 3-4

A JOURNAL FOR DENTAL ASSISTANTS DEVOTED TO THEIR  
INTERESTS AND EDUCATION

Bi-Monthly publication of the A.D.A.A. Journal for Dental Assistants Devoted to their Education and Interests and to the Efficient Conduct of Dental Offices. Publication of all statements, opinions, or data, is not to be considered as an endorsement of same by journal or its publishers.

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## EDITORIAL DEPARTMENT

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### "THE DENTAL ASSISTANT WHEEL"

As I came to St. Louis on the train I fell to thinking of the wheels on that coach, and what an important place the wheel has occupied in the world. The wheel, you know is considered civilization's greatest blessing. I wondered who was the first person who thought of constructing the wheel.

From early carts, covered wagons, river-boats, etc., to modern machinery in power plants, warships and even the tiniest of watches, we just can not conceive of the importance of wheels; yet, they would be perfectly useless if they did not move. The wheel signifies progress and its rim or circumference, has no end—no limit.

And so, do I like to think of our Dental Assistant organizations as a wheel, being put into action by our enthusiasm and united efforts. Consider our Dental Assistant Wheel as having ten spokes, with each spoke representing one of our ten districts and the hub of the wheel representing the A.D.A.A.; the rim might denote our accomplishments, our aims and ideals, because they too have no limit.

The St. Louis Dental Assistants Society is a vital part of Spoke No. 8. Your recent course in "Good Business" was reported to the General Secretary of the A.D.A.A. and she deemed it such a constructive bit of educational training, that she in turn passed it along to our Public Relations Committee. This committee has been supplying bulletins of helpful suggestions and information for our local societies, so your idea here in St. Louis was shared with all ten districts. Imagine the impetus this idea brought about with that number following your example.

And so it is that the A.D.A.A. is the clearing house for suggestions that will help us become better dental assistants. Leading educators agree that training on the job is the most effective plan of education. Where is there a better place than our own dental assistant meetings where we can avail ourselves of lessons in Education, Efficiency, Loyalty and Service—and at the same time enjoy good fellowship.

Margaret C. Sharp, 1st Vice Pres.  
A. D. A. A.

## A LETTER TO THE KANSAS DENTAL ASSISTANTS

By Roberta Gawthrop

(President Kansas State Dental Assistants Association)

Dear Dental Assistants:

Among the particular objects of this association is one, "to bring to its members a realization of the responsibilities that accrue to them in their relation to the public." I dare say many of us have not fully realized that we have a responsibility to the public. Most of us have been primarily concerned with thoughts directly to do with our employer and, until very recent years, with the building of his practice. Every time we greet any person, order supplies, or even go to his bank, every hour we wear the uniform of a dental assistant or wear our emblem pin, there is the responsibility of creating a friendly and courteous relationship to the public. Even our personal, social, and business relationships must be above reproach. Otherwise, we are casting a shadow upon the entire profession we serve. Each of us can be ever mindful of our own relationships to the public. We can strive always to be truthful, honest, and fair in our contacts with all persons.

Now that our membership drive is upon us, it is well that we review another of our objects, "to create a

feeling of fellowship and co-operation among its members, and promote among them a desire for mutual improvement." That object is one that we might interpret as a personal challenge to each of us. If each of us could convince a non-member of this association that we are truly interested, personally, as well as an association, in their problems, we would have 100% increase in membership! If each of us would explain to such non-members just a few of the fine things we have gained through our association. Haven't you used many ideas received from fellow dental assistants? Haven't you gained confidence through knowing that other DAS have many of your problems, too? Haven't you gone back to your office after a dental assistant meeting all enthusiastic and anxious to put to use some new knowledge learned? Haven't you thought—"Why, if Dr. ....'s assistant can do that, there is no reason why I can't?" That is what is meant by mutual improvement. Each of us, in our own way will be the "promoter" in this membership drive!

If You Feel You Are Not as Popular as You Would Like to Be, Check on:

1. The sincerity of your smile.
2. The warmth of your handclasp.
3. The neatness of your appearance.
4. The tolerance you have of others' opinions.
5. The gentleness of your voice.
6. The readiness you display to listen.
7. The importance you place on keeping your promises.
8. The length of your temper.
9. The eagerness to increase your interests, and above all
10. The interest you display in the welfare of others.

—Dr. James F. Bender, Director  
The National Institute for Human Relations.

# VIEWS OF THE NEWS

A Digest of Association Activities

by

Katie McConnell

With the approach of Spring, thoughts are turned to the many State Meetings to be held. This might be termed our "Reconversion Period", it has been such a long time since we have been able to plan for State Meetings, the value of which cannot be over-estimated. From these meetings stem an increase in Membership, more extensive Education projects, happiness in renewing old friendships and delight in making new ones. Our Theme of 1945, "Friendship", might well be linked with our Theme for 1946, "Progress", words of great importance in this, our Post-War world, let us give both the opportunity to make our lives more rich and full by co-operating with our fellow dental assistants, that we may enjoy the progress destined for the ADAA in the future.

The Washington State Dental Assistants Association held their fifth Annual Meeting in February, in Seattle. There were two House of Delegates meetings, General Session and Banquet. Their Clinics were held in the same room as the Dentist's Clinics at the Olympic Hotel. A large attendance was reported.

The Minnesota Dental Assistants and Hygienists Association held their Annual Meeting in St. Paul February 24-25, with Dr. W. J. Simon and Mary Haney, Seventh District Trustee as featured speakers. Will have more news of this meeting next issue. Nebraska held two district meetings, one January 27 in Omaha and one February 10th in Lincoln, with guest speakers and Clinics headlining the meetings. These Associations have started the year off with a bang, and are looking forward to a most progressive year.

One of the most educational programs presented by the Essex County Dental Assistants Society was the lecture given by Dr. Maxwell, of East Orange on "Routine Procedures in an Exodontist's Office", and the two clinics presented by members, "Taking and Processing of Radiographs" and "Sterilization".

The Birmingham Dental Assistants Society were recently invited by the Alabama Dental Association to take charge of the Registration, the sale of Luncheon and Banquet tickets for their annual meeting held in Birmingham, and were highly commended by the State Dental Officers for their untiring efforts and cooperation and the part they played in the success of the meeting. 'Tis said the Luncheon and Banquet had one of the largest attendances on record, thanks to the Assistants. The Assistants were not only invited to these affairs, but to all lectures, and were urged to be present.

Alabama has a new Society on the way to becoming affiliated with the ADAA; will tell you more later. News has it, they have a large charter membership. There are rumors of a new Society in Georgia too, just waiting for the Georgia State Meeting to become full-fledged members of the ADAA. Will be great to welcome them. Florida increased her membership by seventeen new members at their recent State Meeting. Welcome to all you new members, we're so glad to have you.

The Columbia (Mo.) Dental Assistants Society, just a year old in February, were most successful with the five Clinics they presented at the request of the Dentists, at the MidState Dental Meeting held in Boonville, Mo. These Clinics, "Use of Cotton Rolls", "Methods of Heating Compound", "Holders for Wet X-Rays", "Base Plates", "Mixing of Silicates" and a display of Literature, consisting of State and National Journals, State and National Constitutions and By-Laws, also other numerous dental literature. (A good idea for State Meetings.) One might get an idea for a Clinic from this list, they proved to be of much interest to the dentists as well as the assistants in attendance at this meeting.

The Kansas City Dental Assistants Association recently had a group of thirty-two members to take the course in "X-Ray Technique" given by Dr. Calmes at the Kansas City Western Dental College, and at one of the regular monthly meetings, Mr. C. H. Roberts of the Eastman Company showed interesting slides which showed the difference in the time of developing and the temperature and the exposure timing (density of tone). While in many States, Assistants are not permitted to take X-rays, the fact that you know how, and know all the steps necessary for perfect X-rays, adds much to your efficiency in assisting the Dentist.

The Wichita Dental Assistants Study Club were recent hostesses at the meeting of the Southern and Seventh District, held at the Hotel Broadview, in Wichita. This was a two-day meeting and proved to be one of the best. Dr. I. W. McNeil of Chicago, spoke on "Dental Assistants and Their Relationship to Dentistry as Auxiliary Help", Dr. F. B. Hollingsworth of Wellington, Kansas gave a "Review of Dental Assisting". Mr. E. K. Johnson of Southwestern Telephone Co. presented a movie on "The New Voice of Mr. X". The Assistants held a Round Table discussion, with "Orthodontia", "Patient Education" and "Organization" being under discussion, and they were invited to attend the Open Forum on "Dental Economics", presented by the Dental Association. Dr. Harry D. Mosier Herington, Kansas, discussed "Post-War Dentistry", Dr. C. B. Mendenhall, of Wellington, Kansas, discussed "Consultation, Giving Estimate, Extending Credit and Collections," and Mr. W. B. Harrison, President of the Union National Bank of Wichita, discussed "Investments". We'll wager the forty-nine assistants registered for this meeting went back to their offices filled with new ideas and much enthusiasm.

The Philadelphia Association of Dental Assistants have several interesting programs lined up for the spring months. Mr. Burton Ray demonstrated "The Mixing of Filling Material" at their January meeting, and for their February meeting Dr. William J. Updegrave, Professor of Roentgenology at Temple University lectured on "Radiology in the Dental Office". Also held in February was the Greater Philadelphia Annual Dental Meeting, held at the Bellevue-Stratford Hotel, the assistants presented four clinics and a Membership Exhibit Booth at this meeting. The Clinics, "Chair-side Assisting", "Local Anesthesia & Sterilization", "Laboratory Assisting" and "Helpful Hints". For their March meeting, Dr. Harry Mesjian will speak on "Experiences of a Dental Officer in India", and for their April meeting, Helen Fitting, Honorary Member ADAA, will give "The History of the ADAA."

The Rhode Island Dental Assistants Society recently held a "Membership Tea," and the results brought forth ten new members. Welcome,

new members, it's great to have you with us. The new Officers of this Society were recently installed at the annual meeting, held at the Narragansett Hotel, in Providence, R. I. with Aileen Ferguson, General Secretary ADAA, and Sadie Hadley, First District Trustee, in attendance.

Here's a novel idea to make a few extra pennies, could be used for your Delegates Fund, Juliette's Birthday Party, etc. The San Francisco Dental Assistants used it quite successfully at a recent party. One of the members made miniature aprons, with a deep pocket in each one, and sent one to each girl with a poem. The girls were to measure their waist and for each inch she was to put a penny in the apron pocket and bring it to the meeting. Lots of fun as well as profitable.

The Northern California Dental Assistants Association have just finished a course at the College of Physicians and Surgeons Dental College on the "Sharpening of Instruments", and it has been extremely helpful to the girls.

The Fifth District Dental Assistants Society, of Atlanta were honored to have Major Julius Hughes speak to them at their February meeting. His subject was, "Experiences of a Dental Officer with the Emory Hospital Unit". The April meeting of this group will be devoted entirely to clinics, to which all dentists and assistants are invited.

That's all for now. Please send news to reach this Editor on or before March 15th for the May-June issue. Thanks.

#### **Attention! State, Local Secretaries and Publicity Chairmen**

It would be a big help to this department if each of you would collect the news of your respective societies and send it direct to this Editor. Your cooperation would be greatly appreciated.

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### **CALENDAR OF MEETINGS**

#### **APRIL:**

Alabama Dental Assistants Association: Hotel Redmont, Birmingham, Ala., April 9-10-11.

Missouri State Dental Assistants Association: Jefferson Hotel, St. Louis, Mo., April 14-15-16-17. Monday, Tuesday and Wednesday will be given over to clinics, lectures, posters, hobbies, and entertainment.

Northern California Dental Assistants Association: San Francisco, Calif., April 27-28-29.\*

#### **MAY:**

South Dakota Dental Assistants Association: Watertown, S. D., May 13-14-15.\*

Nebraska Dental Assistants Association: Hotel Castle, Omaha, Neb., May 14-15.

Georgia Dental Assistants Association: Hotel Henry Grady, Atlanta, Georgia, May 13-14.

Indiana State Association of Dental Assistants: Claypool Hotel, Indianapolis, Ind., May 20-21-22. 25th Annual Meeting.

#### **JUNE:**

Oregon State Dental Assistants Association: Fifth Annual Meeting, Portland, Oregon, June 13-14, evening meetings. Clinics—Multnomah Hotel, June 15th. Formal banquet in the evening.

\*Headquarters to be announced.

## ETHICS IN DENTAL ASSISTING

(Continued from page 39)

Now I know there are communities in Missouri where it is impossible to obtain credit reports, because a credit-reporting association is non-existent. What will you do about that? A new patient is referred by one of your previous patients or by someone whom you know. When you thank him for this reference you may tactfully obtain some useful credit information. If this fails, you can say that as a matter of form you would like two or three references, follow them up and make your deductions.

When you interpret credit reports let's consider one word—reputation. What is the prospective patient's reputation for paying? To illustrate this point, a credit report was obtained on ten dental assistants. Six of them contained enough information so that some conclusion could be drawn about their bill-paying habits. Four of the six have established a satisfactory credit reputation. Two were a little slow but trustworthy. Four had no rating. They probably pay cash. An excellent habit. They have no credit reputation. No one knows whether they are trustworthy or not. As a matter of fact they are not as safe as a credit risk as the first six whose history is known and whose habits of payment are recorded. Credit reputation is important because of its convenience and its necessity in time of emergency. Furthermore, it is a good index of your personal value, stability and character.

To summarize, I have attempted to clarify several disputed points. (1) Can you do prophylactic work in Missouri? No. (2) What can you do with X-rays. (3) How far you can go as a laboratory technician. (4) What you can do for patients in the absence of the doctor. (5) How liability insurance protects you. (6) How you should conduct yourselves in the presence of patients, both new and old. (7) The value of credit reports on all patients.

(Editor's Note: We hope that Lucille's interesting and thoughtful paper will stimulate Dental Assistants throughout the United States to investigate and determine what is ethical and legal in their respective states.)

It was a wise man who said: "Doing nothing is very tiring because you can never stop to rest."

A paradox of human nature is that the less work people have to do the harder it is for them to do it. The less often people have to start themselves, the harder it is to be a self-starter.

For these reasons one should think twice before rejecting a chance to take on a little more work. Extra opportunities, outside activities and experiments all may interrupt our quota of inaction, but one thing is sure—they take nothing from our mental vim and vigor. Of course,

discretion must be used. It would be foolish, for instance to map out a plan of action that is far beyond one's capacity to carry to a satisfactory conclusion.

A funny thing about our minds' reserve supplies, however, is that the more we use the more we have. Initiative is a perishable piece of goods. It rots with disuse but flourishes on a little stimulation. When we are using everything we've got we simply can't stay put. We're bound to find ourselves forging ahead.

Therefore: **If you aren't opportunity—don't knock.**



## Secretary's Corner



By AILEEN M. FERGUSON, General Secretary,  
709 Centre Street, Jamaica Plain 30, Mass.

### HONOR ROLL

Alabama D. A. Assn.  
Northern California D. A. Assn.  
District of Columbia D. A. Soc.  
Florida State D. A. Assn.  
Illinois State D. A. Assn.  
Kansas State D. A. Assn.  
Maine D. A. Assn.  
Washington State D. A. Assn.

### HONORABLE MENTION

Denver D. A. Assn.  
Georgia D. A. Assn.  
Oklahoma State D. A. Assn.  
Philadelphia A. D. A.  
Pittsburgh D. A. Assn.  
Rhode Island D. A. Assn.  
South Carolina State D. A. Assn.  
South Dakota D. A. Assn.

**SECRETARIES:** The deadline for ADAA dues is April 1. The names of all members for whom dues have not been received by that date will be removed from the membership roll, so be sure to forward all dues promptly.

We extend greetings to a new independent member, Hazel Nieman, associated with Dr. J. Randle Luten, 808 Boyle Bldg., Little Rock, Ark.

The ADAA Membership Chairman, Virginia Newell, 626 Wakefield Bldg., Oakland, Cal., will send you the details of the 1946 Drive for New Members. Start now to interest as many new members as you can so that your society will receive one of the awards in this year's drive. Local membership chairmen can secure copies of the ADAA Information Booklets for use in sending to prospective members if they will write for them to the General Secretary.

### NEW SOCIETY

**MOBILE COUNTY D. A. A. (Ala.)**  
—President, Marion Coffman, Crichton; Secretary, Doris Newbury, 705 Van Antwerp Bldg., Mobile.

### CHANGES OF OFFICERS

**METROPOLITAN-OAKLAND D. A. A. (N. Cal.)**—President, Dorothy Hodel, 2163 108th Ave., Oakland; Sec-

retary, Alma Hennessey, 6232 Broadway Terr., Oakland.

**SACRAMENTO D. A. A. (N. Cal.)**  
—President, Virginia Riley, 2230 Capitol Ave., Sacramento; Secretary, Blanche Pratt, Forum Bldg., Sacramento.

**SAN JOAQUIN D. A. A. (N. Cal.)**  
—President, Gloria Brassesco, 4202 N. Sutter St., Stockton; Secretary, Dorothy Whyte, Bank of America Bldg., Stockton.

**SONOMA DISTRICT D. A. A. (N. Cal.)**—President, Lois Mazzuchi, 1208 Mendocino Ave., Santa Rosa; Secretary, Marion Myer, 620 B St., Petaluma.

**DISTRICT OF COLUMBIA D. A. SOC.**—President, Polly Martin, 1726 Eye St., N. W., Washington; Secretary, Ann Whalen; 3313 14th St., N. W., Washington.

**FLORIDA STATE D. A. A.**—President, Anne Kinard, 401 Exchange Bldg., Orlando; Secretary, Leila Koontz, 319 Washington St., Titusville.

**ILLINOIS STATE D. A. A.**—Secretary, Lorraine Knarr, 9300 S. Cottage Grove, Chicago.

**SPRINGFIELD D. A. A. (Ill.)**—President, Mabel Fox, 503 Myers Bldg., Springfield; Secretary, Helen Murphy, 322 Mine Workers Bldg., Springfield.

DAVENPORT D. A. A. (Ia.)—President, Lillian Russett, 503 First National Bank Bldg., Davenport; Secretary, Edna Langman, 425 Davenport Bank Bldg., Davenport.

LOUISVILLE DISTRICT D. A. A. (Ky.)—President, Martha O'Bannon, 1784 W. Oak St., Louisville 10; Secretary, Carol Wickstead, 804 Starks Bldg., Louisville 2.

METROPOLITAN DISTRICT D. A. A. (Mass.)—Secretary, Alice Drew, 60 Charlesgate West, Boston.

MINNESOTA D. H. & A. A.—President, Doris Ann Johnson, 23 S. E. 4th St., Minneapolis.

PASSAIC COUNTY D. A. A. (N. J.)—President, Frances Horton, 215 Broadway, Paterson; Secretary, Helen Ross, Wyder Bldg., Fairlawn.

OHIO STATE D. A. A.—President, Elma Willis, 149 13th Ave., Columbus.

PHILADELPHIA A. D. A. (Pa.)—President, May V. Burke, 1187 Villa Nova Ave., Rutledge; Secretary, Nancy C. Hungeate, Oxford & Penn Sts., Philadelphia 24.

PITTSBURGH D. A. A. (Pa.)—President, Virginia Hoffman, 524 Federal St., N. S., Pittsburgh; Secretary, Marie Steffler, 524 Federal St., N. S., Pittsburgh.

RHODE ISLAND D. A. Soc.—President, Edith Sedgeley, 208 River Ave., Providence; Secretary, Suzanne Place, 134 Wentworth Ave., Edgewood.

HOUSTON DISTRICT D. A. A. (Tex.)—Secretary, Gertrude Ellison, 806 Shell Bldg., Houston.

WISCONSIN STATE D. A. A.—President, Dorothy Schwanz, 4630 W. Burleigh St., Milwaukee.

#### CHANGE OF ADDRESS

KANAWHA VALLEY D. A. A. (W. Va.)—Secretary, Esther Garey, 811 Florence Drive, Charleston.

#### CHANGE OF OFFICERS

DENVER D. A. A. (Colo.)—Secretary, Virginia Vincent, 1224 E. Evans, Denver.

MIAMI DISTRICT D. A. A. (Fla.)—President, Mavis Bitter, 314 Seybold Bldg., Miami; Secretary, Mae Smith, 102 Huntingdon Bldg., Miami.

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### ALL IN ONE LUMP

Mrs. MacGillicuddy walked into the butcher shop and said, "I'd like to have six and seven-eighths pounds of flank." The butcher thought it was a rather unusual request, but maybe Mrs. M. had a special recipe . . . so he brought the meat out of the icebox and placed it on the cutting block. He made a wild stab and cut off a piece that weighed six and a half pounds. It wouldn't do. So again he measured carefully, made a stab, and it came out six and three-quarters pounds. She couldn't use it. Finally, after several attempts, he got a piece of meat that weighed exactly six and seven-eighths pounds.

Relieved, he said, "Well, Mrs. MacGillicuddy, will you take it with you or shall I send it up?"

To which Mrs. M. answered, "Who wants it? I'm dieting and that's how much I lost. I wanted to see how it looks in one lump."

—From "Out of My Trunk", by Milton Berle.



*Good Teeth  
Good Health*

## BEING A REAL DENTAL ASSISTANT

(Continued from page 45)

The Dentist recognizes the efficient Dental Assistant as a most important factor in the conduct of a progressive practice. She is his silent partner. What you do, depends, not upon your stars, but upon yourself.

When a party, visiting the Mammoth cave had seen the usual points of interest. The guide said: "I would like to show you what I consider the most remarkable feature of the cave. It may be a little difficult of access, but I think you will be repaid for the effort." After climbing through narrow and tortuous passages they came to a small room. They knew they had reached the objective, as there was no opening other than by which they came. Not a stalagmite rose from the floor—not a stalactite hung from above. There were no glittering coruscations upon its walls. "Now," said the guide, "some one speak." A shout went up, but there was no answering sounds. A pistol was fired, but no echo returned. It looked as if a joke had been played. Then said the guide, "Let someone stand on this spot and sing something in the key of 'G'." A little woman stood on that spot and sang a simple song in the key of "G". You may have heard the most magnificent orchestras of a generation. You may have heard the grandest singers, from Mario, of whom it was said, "He could make the damned forget they were in Hell," down to Patti, down to the golden-voiced Caruso, but never such music as was heard in that little room. It seemed as if the orchestras of God were playing, and it all came from that simple song sung by that little woman, in the key of "G". When you strike the right key, you'll get results.

"Thank you."

Ola Lundy, President  
TSDAA.

(Read before the Fifteenth Annual Convention of the TSDAA, May 23, 1944, Memphis, Tennessee.)

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### SOMETHING NEW HAS BEEN ADDED

To the Staff of THE DENTAL ASSISTANT we are adding Miss Margaret Ann Akins, Assistant to Dr. A. E. Herrold, 708 Jefferson Ave., LaPorte, Indiana, as official artist for the Journal.

From time to time Margaret Ann will bring us "Posterettes" and Cartoons appropriate to the magazine.

If you have ideas, or incidents that have happened in your office that would lend themselves to cartoons, Margaret Ann will be glad to receive them.

The first of these "Posterettes" appears on the opposite page.

## TEN AIDS USEFUL IN REALIZING RELAXATION

Ten "tricks" useful in realizing relaxation are presented in The Journal of the American Medical Association in an editorial which points out the importance of relaxation in relationship to longevity.

If we could learn how to balance rest against effort, calmness against strain, quiet against turmoil, says Dr. Josephine Rathbone, "we would assure ourselves of joy in living and psycho-physical health for life." The psychologists believe that people who live dynamically without being too tense have four main attributes: first, rhythm in their activities with great swings in output and accomplishment alternating with periods of repose; second, a sense of values which makes it possible to minimize effort and minimize strain; third, ability to reduce muscular tension in any part of the body consciously whenever desired, and, fourth, a readiness to fall asleep at will.

"While these attributes may develop spontaneously to some extent in some persons, it is also possible to cultivate them in a measure. In order to aid such cultivation, ten tricks are presented which are believed to be useful in realizing relaxation. They are:

"1. Cut down on intensity of your thinking half an hour before retiring. (Play Chinese checkers, plan an excursion for the week-end, write a letter to a friend, filled with pleasant things you have been doing.)

"2. Take plenty of time to get ready for bed (next morning's clothes, leisurely bath, and so on).

"3. If you like to read in bed choose nonfiction or a 'hard' book. Force your mind to grapple with cumbersome facts, bore it into unconditional surrender to sleep.

"4. Transplant your mind from fears or hates to a field which has interest without excitement (a new wardrobe, possibly).

"5. Make your mind hop from one idea to another. Just as the mind loses consciousness and sleep comes, thoughts become disjointed and scattered. (Start with some happy episode in childhood, for example.)

"6. To quiet the body, get rid of any pressure or pain. (Lighten weight of covers, clothes.)

"7. Tepid bath without a rubdown. (Get into bed a little damp and chilly. As the body becomes warmed it becomes more and more comfortable. If during the night one becomes sleepless, throw back covers until body becomes uncomfortably chilly. Then when the covers are pulled up again, the body once more sinks into coziness.)

"8. Imitate the slow, deep rhythmic breathing of sleep. (Helps regulate the circulation and may ease the mind and emotions; also tensions in the abdomen.)

"9. Relax the muscles completely.

"10. Get rested before trying to sleep. (Get into bed an hour or more before your regular time for retiring. Do so night after night to build up a reserve of rest and fall asleep without the old struggle.)"

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## RANDOM MUSINGS — by Al. Rich

The best way to break a bad habit is to drop it.

The hardest fall a man can take is to fall over his own bluff.

Some people have concrete opinions. Thoroughly mixed, permanently set.

# IDEA MARKET

After sterilizing the impression trays enclose in cellophane envelopes and bring to the chair in the envelopes.

Clean plaster bowls thoroughly, or it spoils the next mix. After cleaning, put one or two drops of oil in plaster bowl and spread evenly around. Then wipe out excess and plaster will not adhere to bowl.

To prevent rubber dam from splitting rub a small amount of shaving soap on it where it is to be used. It can then be stretched without fear of tearing.

To preserve rubber gloves place cotton rolls of according lengths in fingers of gloves.

Turn an old rubber cup over to use to jar the flask on while investing dentures; it will eliminate the terrible noise that is created when investing dentures.

Use a number 20 brush wheel to adapt the tinfoil into the interproximal spaces of a waxed-up denture.

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A woman who listens carefully when she is spoken to and asks only enough questions to insure the accurate carrying out of instructions.

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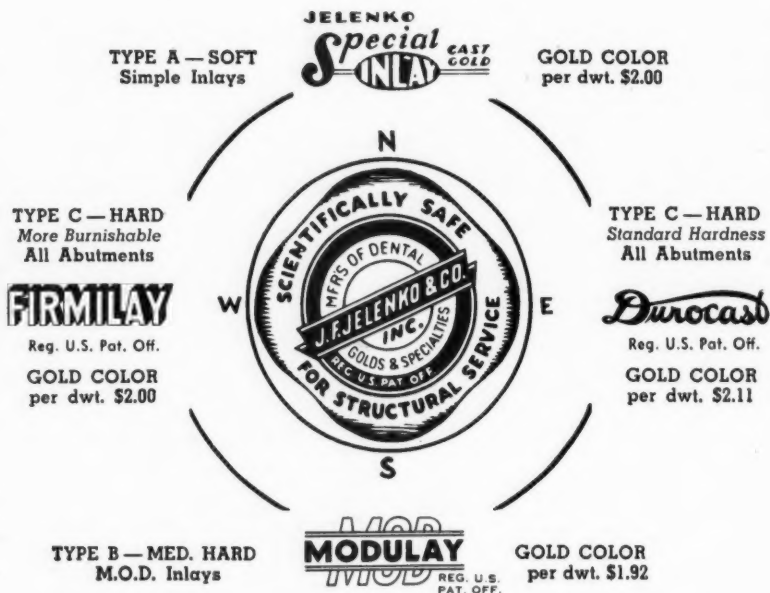
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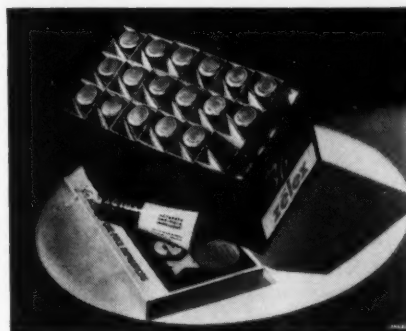
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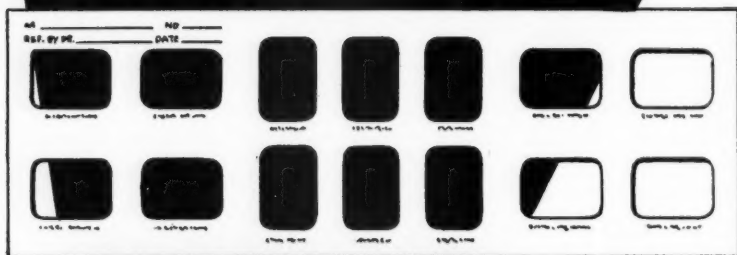
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